

We claim:

1. A lighting apparatus, comprising:  
a light source mounted within a light fixture; and  
a light shield mounted to the fixture, the light shield comprising a center, a first side having a first outer edge, a first path and a first plurality of coverage zones, and a second side having a second outer edge, a second path and second a plurality of coverage zones, wherein each coverage zone has a light blocking area corresponding to an amount of light blocked from the light source, wherein the first plurality of coverage zones extend from the center to the first outer edges along the first path and the second plurality of coverage zones extend from the center to the second outer edge along a second path, wherein the plurality of light blocking areas on the first side decreasingly block light along the first path and the plurality of light blockings areas on the second side decreasingly block light along the second path, the first side asymmetric about the center with the second side.
2. The fixture of claim 1, wherein the decrease in the light blocking area is linear along the first and second paths.
3. The fixture of claim 1, wherein the light shield has a generally saw-tooth pattern on the first side and the second side.
4. The fixture of claim 1, wherein the light source is a T-5 lamp.
5. The fixture of claim 1, wherein the light shield comprises an inner aperture on the first side.
6. The fixture of claim 5, wherein the inner aperture has a truncated diamond shape.
7. The fixture of claim 5, wherein the inner aperture includes a first edge, a second edge, a third edge, a fourth edge, and a fifth edge.
8. The fixture of claim 5, wherein the inner aperture includes a first edge and a second edge, the edges configured to decrease, along the first path, the amount of light blocked by the plurality of the light blocking areas.
9. The fixture of claim 5, wherein the inner aperture comprises a first edge and a second edge, wherein the first edge is configured to decrease, along the first path, the amount of light blocked by the plurality of the light blocking areas, and the second edge is configured to increase, along the first path, the amount of light blocked by the plurality of the light blocking areas.
10. The fixture of claim 5, wherein the inner aperture includes an edge, the edge including a first slope and a second slope, the first slope configured to decrease, along the first path, the amount of light blocked by the plurality of the light blocking areas, and the

second slope configured to increase, along the first path, the amount of light blocked by the plurality of the light blocking areas.

11. The fixture of claim 1, wherein the light shield comprises an outer aperture.

12. The fixture of claim 11, wherein the outer aperture comprises a first edge and a second edge, the first and second edge being configured so as to decrease, along the path, the amount of light blocked by the plurality of the light blocking areas.

13. The fixture of claim 11, wherein the outer aperture comprises a first edge, a second edge, a third edge and a fourth edge.

14. The fixture of claim 11, wherein the outer aperture comprises a generally saw-tooth pattern.

15. The fixture of claim 1, wherein the light shield center has a measurable coverage area at the center being less than 90 percent.

16. The fixture of claim 5, further comprising an outer aperture, wherein the inner and outer aperture are configured to decrease, along the paths, the amount of light blocked by the plurality of the light blocking areas.

17. The fixture of claim 5, wherein the light shield further comprises an outer aperture, a first point located on the center, a second point on the light shield located some distance from the center, a third point on the light shield located between the second point and the outer edge, and a fourth point located on the outer edge of the light shield, wherein the inner aperture is configured to decrease, along the paths, the amount of light blocked by the plurality of the light blocking areas between the first and second point, the inner aperture is configured to increase, along the paths, the amount of light blocked by the plurality of the light blocking areas between the second and third point, and the outer aperture is configured to decrease, along the paths, the amount of light blocked by the plurality of the light blocking areas between the second and third point at a first rate and the outer aperture is configured to decrease, along the paths, the amount of light blocked by the plurality of the light blocking areas between the third and fourth point at a second rate.

18. The fixture of claim 17, wherein of the inner aperture and the outer aperture provide a linear decrease, along the paths, the amount of light blocked by the plurality of the light blocking areas.

19. The fixture of claim 11, wherein the light shield includes opposing first end and second ends, the ends defining a length, an opposing first side and second side, wherein the outer aperture comprises a plurality of first side sections repeated along the length of the light shield on the first side and a plurality of second side sections repeated along the length of the second side, the lengthwise position of the first side sections being asymmetrical about the center of the light shield with the lengthwise position of the second side sections.

**20.** A lighting system for providing indirect light off a reflective surface, comprising:

a light source mounted within a light fixture, the light source having a longitudinal axis and a 180 degree axis; and

a light shield mounted to the fixture, the light shield comprising an outer edge and a center, the center being located on the 180 degree axis and being parallel to the longitudinal axis, wherein a percentage of light from the light source can pass through the light shield at the center, the light shield further comprising an inner aperture and an outer aperture, the inner and outer aperture configured to decreasing block light along a path extending from the center to the outer edge; and

a zone boundary located on the light shield between the center and the outer edge, wherein a first coverage zone is located between the center and the zone boundary and a second coverage zone is located between the zone boundary and the outer edge, wherein the light blocking area of the first coverage zone is greater than the light blocking area of the second coverage zone.

**21.** The lighting apparatus of claim 20, further comprising a plurality of coverage zones, such that the width of each coverage zone approaches zero, wherein the change in the light blocking area between adjacent coverage zones is linear.

**22.** The lighting apparatus of claim 21, wherein there is a linear change in the light blocking area of the plurality of coverage zones along the path.

**23.** A lighting apparatus, comprising:

a light fixture having a maximum thickness not more than 1.5 inches, the light fixture including a metal light shield; and

a light source mountable within the thickness of the light fixture, the light source including opposed first and second longitudinal ends such that a longitudinal axis may be defined between the longitudinal ends and a vertical plane may be defined transverse to the longitudinal axis, wherein the light shield is configured and positioned relative to the light source such that when light is emitted from the light source, the light emitted within the vertical plane increases from a first positive light quantity in an first angle perpendicular from the longitudinal axis to a maximum light quantity in a second angle displaced from the first perpendicular angle.

**24.** The apparatus of claim 23, wherein the vertical plane is orthogonal to the longitudinal axis.

**25.** The apparatus of claim 23, wherein the displacement of the second angle is at least 45 degrees.

**26.** The apparatus of claim 23, wherein the displacement of the second angle is at least 60 degrees.

27. The apparatus of claim 23, wherein the first positive light quantity is not more than 40 percent of the maximum light quantity.

28. The apparatus of claim 23, wherein the first positive light quantity is not more than 30 percent of the maximum light quantity.

29. A method of lighting, comprising the steps of:  
providing a light source mounted within a light fixture, the light source including opposed first and second longitudinal ends such that a longitudinal axis may be defined between the longitudinal ends and a vertical plane may be defined transverse to the longitudinal axis; and  
using a light shield having a center and an outer edge to decreasingly shield a percentage of the light source along a path from the center to the outer edge.

30. The method of claim 29, wherein the step of the using the light shield provides a linear change in the percentage of shielding along the path.

31. The method of claim 29, further comprising the step of configuring and positioning the light shield relative to the light source such that when light is emitted from the light source, the light emitted within the vertical plane increases from a first positive light quantity in an angle perpendicular from the longitudinal axis to a maximum light quantity in an angle displaced from the perpendicular angle.

32. The method of claim 31, wherein the step of configuring and positioning the light shield provides the maximum light quantity at an angled displaced from the perpendicular angle by more than 50 degrees.

33. The method of claim 31, wherein the step of configuring and positioning the light shield acts to limit the first positive light quantity to less than 35 percent of the maximum light quantity.